

Tacos *

* Without cheese, this meal is lactose free. Lactose free cheese is available, although expensive. Depending on your level of lactose intolerance, you may be able to have a few shreds of cheese on a taco. Gluten free corn hard shells are best, as corn soft shells tend to fall apart and not fold well.

Tacos are a college student and early workforce mainstay. At the once price of three for \$1.00, they were a great deal, except when you received an empty shell. Although you can't guarantee restaurant bought are 100% gluten free, due to potential contamination issues, tacos are one of the few fast food options for traveling. Other restaurants are more likely to give a hassle and not understand that no bread means no bread. I can eat while traveling once again! Home cooked tacos take enjoy fresh garden produce such as tomatoes, lettuce, and onions. Spices can also be easily controlled.

Pre Cook Preparation:

Marinate: While cooking

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Buy washed and previously sliced cheese, tomatoes, and lettuce
Sit on a stool while preparing the meal

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef
Chicken
Mushrooms
Onions
Pepper
Soft Taco Shells (gluten)
Spices
Tomatoes
Turkey

Meatless Preparation Avoid:**Beef****Chicken****Turkey****Substitute with: _____****Utensils:****Bowls for chopped items****Chopping board****Fork****Paring knife****Spoon****Wooden spoon****Pan: 8 inch frying pan****Ingredients:****Meat: Choose 2 pounds of:****Beef burger, or****Turkey burger****Vegetables:****6 ounces of chopped lettuce****4 ounces of chopped mushrooms****6 ounces of chopped onions****15 ounces of refried beans****6 ounces of chopped tomatoes****Other ingredients:****Dash of salt****Spices such as pepper to taste****Taco shells****Optional:****Cheese****Preparation time: 15 minutes**

Preparation:**Vegetables:**

1. Chop:
 - Lettuce
 - Mushrooms
 - Onions
 - Tomatoes
2. Store in serving bowls in the fridge until meal is ready.

Beans on stove:

1. Heat refried beans on medium heat.
 2. Stir every 10 minutes, and turn down 1/3 heat each time.
- Total cook time: 30 minutes

Meat:

1. Brown burger in an 8 inch frying pan on medium heat.
2. Drain the burger.
3. Add burger back to the 8 inch frying pan.
4. Add 1 cup water.
5. Add 1 gluten free taco seasoning packet. (1/3 might be enough).
6. Stir and simmer until most of the liquid cooks out.

Combine:

1. Set table with all ingredients.
2. Build a taco salad.

Cook Temperature: Medium to low heat

Cook Time: 45 minutes

Servings: 8 to 10 tacos

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.